



Pop culture references are the nervous laughter of these turbulent times
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metroVIEWS



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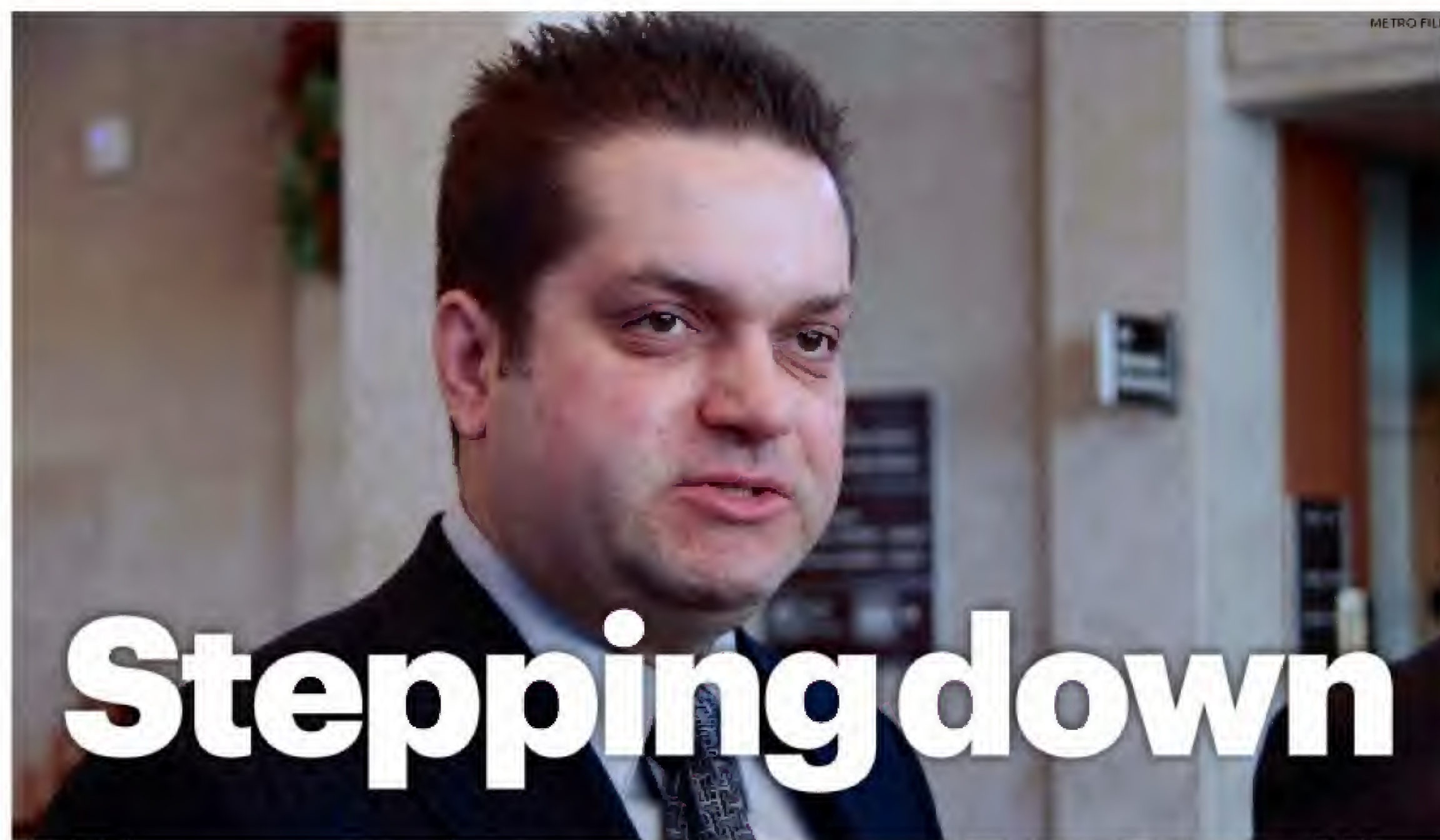
Winnipeg metro



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Stepping down

Councillor resigns from police board after calls for his removal **metroNEWS**

2016 CENSUS
 The reason for Manitoba's growth spurt
metroNEWS

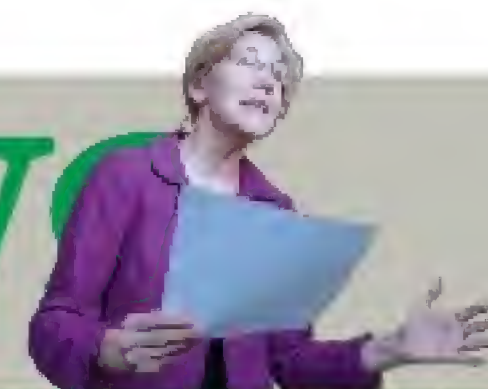
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Coun. Jeff Browaty's resignation has been accepted by Mayor Brian Bowman and his replacement is currently being sought. METRO FILE

Councillor hands in resignation

POLITICS

Indigenous remark behind Browaty leaving Police Board



Stephanie Taylor
Metro | Winnipeg

Coun. Jeff Browaty has stepped down as chair of the Winnipeg Police Board.

The North Kildonan councillor — who is currently in the U.S. on city business — took to Facebook and issued a media statement Wednesday morning to announce his resignation and say he has asked Mayor Brian Bowman to remove him.

Browaty's announcement comes a day after the police board delivered a letter to the mayor that unanimously called for his replacement, following concerns from the board's Indigenous advisory group over comments he made that civic employees shouldn't be required to take a half-day training session on the legacy of residential schools. "If there was confusion for what I said in council in December, I have said I am sorry. I meant no harm or offence to any individual or group," Browaty says in his statement.

"In these supposed days of openness and transparency, and continued new and growing taxes, I felt that if training is to be paid for by taxpayers, I wanted to fully know where

said funds were coming from and how much it was going to cost. My framing of the issue was less than eloquent, and for that I apologize."

Barry Tuckett, vice-chairman of the police board who signed the letter recommending Browaty's removal, commended the councillor's decision.

"I personally think he did the very honourable thing," he said.

"Whether he agreed or not with the need for it, I would think that he did that in the best interest of police board." Tuckett added that Browaty

was apprised of the board's decision on Monday — a day before it was communicated to the mayor. "The writing was on the wall," he said.

Damon Johnston, a member of the mayor's Indigenous advisory circle, said he's hoping to meet with Browaty in the coming weeks. "We still want to work with him to try and get him to a better place on his relationship with the Indigenous community, as a whole," he said.

"I don't see him — and neither does our elder — see him as being unsalvageable and not able to get there," Johnston said he was not personally offended by Browaty's comments.

In his statement — a mix of apology and explanation — Browaty says his personal story is "one of immigration," and that he believes in the values

of racial equality and inclusion. Browaty says that in late December he met with members of the Indigenous liaison committee, which he "felt was very positive."

"The one item of contention in my meeting with the Indigenous liaison committee was that they took offence to my suggestion that if members of any community break the laws of the land they should be held to account," he said in a statement.

"Shauna Fontaine, co-chair of the committee, replied that

these weren't 'their' laws. The fact is, in Canada we have one set of laws, and they apply to all citizens and visitors equally." On Tuesday, Fontaine told Metro that

Browaty demonstrated a lack of understanding of the issues affecting Indigenous people and said if he stayed as board chair, an "overwhelming" number of members of the Indigenous advisory committee would resign.

In his statement, Browaty reiterated he still intends to take the city's training session on reconciliation in March.

"Clearly I am not as sophisticated as the mayor on Indigenous issues, but I know right from wrong." By Wednesday afternoon, the mayor's office released a statement that indicated Bowman accepts Browaty's resignation and will now begin looking for his replacement.



I personally think he did the very honourable thing.

Barry Tuckett on Browaty's decision to stand down

HEALTH

Need for food policy council eating away at city

Locals are one step closer to seeing a municipal food policy council take root in Winnipeg.

On Wednesday, Mayor Brian Bowman's executive policy committee voted in favour of creating the council, as recommended in a report penned by the city's chief planner, Braden Smith. Smith writes that "food councils help identify issues and provide advice related to the local food system."

A food system, as Smith and other experts have defined it, is the path food takes from being

grown or produced, eaten, and eventually disposed of.

Rob Moquin, a policy manager with Food Matters Manitoba, says the organization identified the need for a food policy council almost 10 years ago. Back in 2015, councillors voted to create such a body, and staff have spent the past two years figuring out the right governance model, logistics and costs. "Food has been nobody's responsibility, and yet everyone's responsibility," Moquin said. He believes several

city departments have a part to play in ensuring residents have access to healthy food.

He wants the new council — which the report recommends be comprised of a city councillor, provincial appointee, health worker, researcher, two food producers among others — to develop a city-wide food strategy. So, what else can the city do to help people access healthy food?

For starters, Moquin says planners could help make food more accessible in ensuring grocery

+ ANOTHER WAY

Moquin suggests a set of new guidelines could make it easier to operate farmers' markets and allow more food-based activities in civic institutions.

options and community gardens are inked into neighbourhood development plans and that agricultural lands are protected.

STEPHANIE TAYLOR/METRO

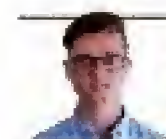


Easier access to healthy food would be the main objective of the food policy council. BARRY GRAY/THE HAMILTON SPECTATOR

2016 CANADIAN CENSUS

Manitoboom: Population spikes

Stats show city and province experiencing fast growth



Braeden Jones
Metro | Winnipeg

Scooch over a bit, Winnipeg's population is growing.

According to a Statistics Canada report on the 2016 national census released Wednesday, the city's "census metropolitan area (CMA)" boasted a population of 778,489 during the May 10, 2016 census tally, up from 2011's count of 730,018.

That works out to an increase of about 6.6 per cent, outpacing the national growth rate of five per cent over the last five years.

But Winnipeg isn't alone in showing steady growth. The province of Manitoba's population is similarly climbing at a rate higher than the national average — for the first time in 80 years, no less — showing a 5.8 per cent increase StatsCan attributed to "stronger international migration."

Winnipeg immigration lawyer Alastair Clarke believes Manitoba is an attractive option for foreign skilled workers and refugees alike because it boasts "arguably the best provincial nominee program in Canada."

He explained how that program, along with access to free legal aid, a "strong economy," and "anti-immigration sentiment in the U.S." could be a recipe for immigration num-

bers to climb even higher in Manitoba.

StatsCan will release more data relating to immigration in 2017, but Wednesday's report suggested "most of the gain" in Manitoba's population is international migration related.

Much of it is also urban-centred. Brandon's population has shot up by 6.1 per cent or by around 2,700 people, and Winnipeg grew from 663,617 residents in 2011 to 705,244 in 2016 — a gain of more than 41,600 people.

Winnipeg's CMA population rate of increase beat out 26 of 35 major CMAs in Canada, as StatsCan ranked Winnipeg as the ninth fastest

66

We all know there are costs associated with growth.

Mayor Brian Bowman

growing city in the country.

Mayor Brian Bowman told re-

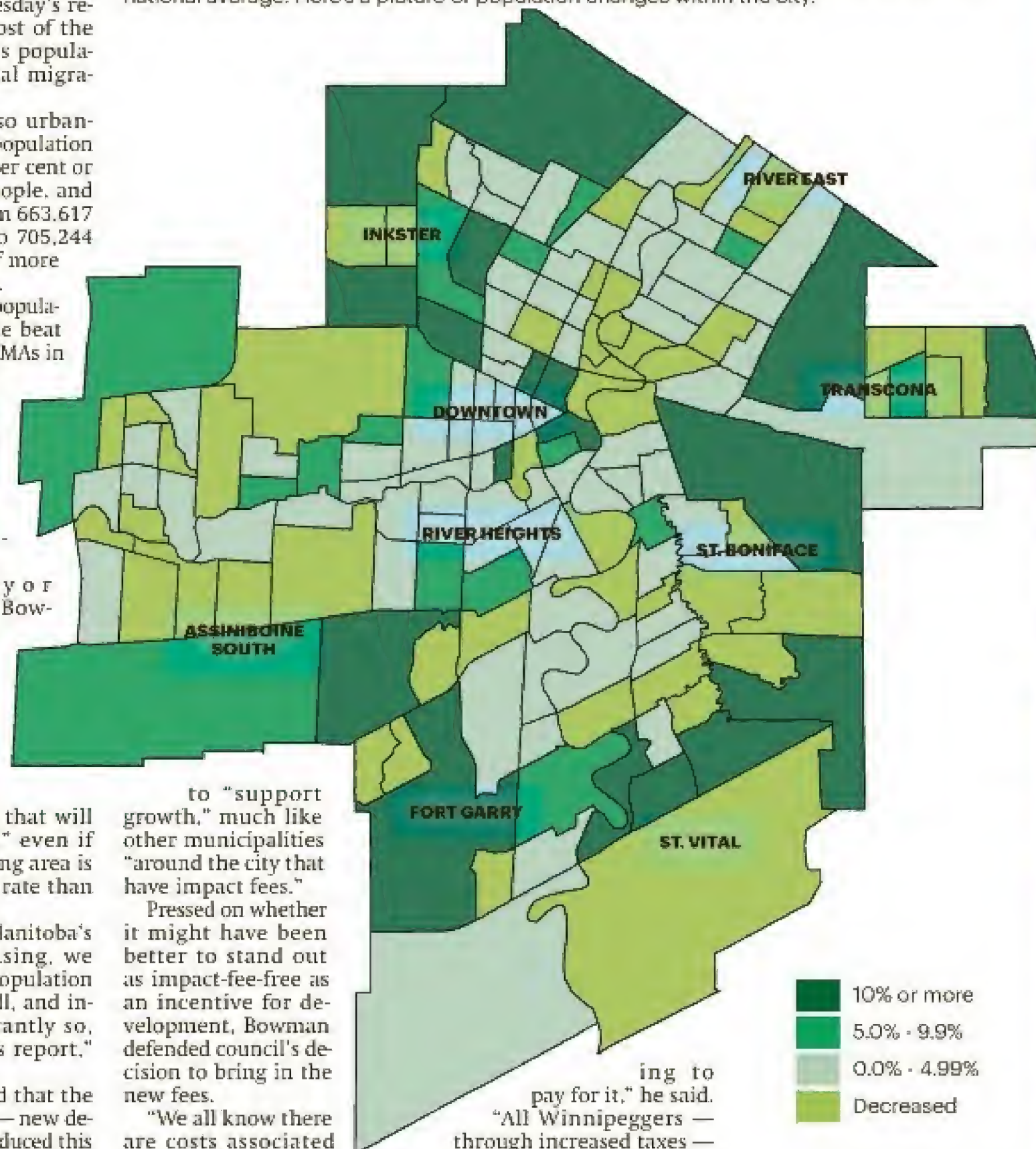
porters at city hall Wednesday that the growth in the province and capital region is "obviously something that will benefit Winnipeg," even if the close-surrounding area is growing at a faster rate than the city itself.

"When we see Manitoba's population increasing, we know Winnipeg's population is increasing as well, and increasingly significantly so, that's a good news report," Bowman said.

He also explained that the city's 'impact fees' — new development fees introduced this year to pay for growth-related capital projects — are meant

MAPPED | WHERE PEOPLE ARE MOVING

StatsCan has released the first big analysis of the long-form census of 2016, a report on population trends across the country, with Winnipeg's population growth outpacing the national average. Here's a picture of population changes within the city.



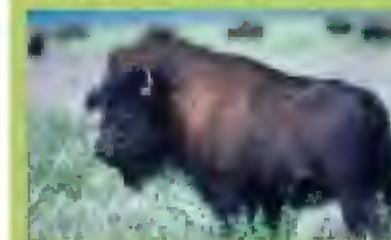
10% or more
5.0% - 9.9%
0.0% - 4.99%
Decreased

ing to pay for it," he said. "All Winnipeggers — through increased taxes — or those that are responsible for the growth."

GRAPHIC BY ANDRES PLANA

WINNIPEG'S CENSUS TAKEAWAYS

GROW WEST



B.C., Alberta, Saskatchewan and Manitoba saw growth higher than the national average. As of 2016, almost a third (31.6 per cent) of Canadians lived in the West, "the largest share on record."

LIVING IN THE CITY



Cities, like Winnipeg, are home to 35.5 per cent of the 35,151,728 people in Canada. There are 1.7 million more Canadians since the 2011 Census, a G7 country-leading five per cent jump over that time.

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CFL

Veteran defensive lineman Vega retires as a Blue Bomber

Defensive end Jason Vega signed a one-year contract with the Winnipeg Blue Bombers on Wednesday and retired as a member of the organization.

Vega originally joined the Bombers in 2011, appearing in 38 career games over three seasons. He registered 82 tackles, 17 sacks, two forced fumbles, a fumble recovery and two catches for 23 yards and a touchdown.

"Winnipeg is where it all started and it's come full circle for me at this point," Vega said in a statement. "I came to Winnipeg with a dream to play football and soon realized it was about much more than that."

"A wife, a son, and a family of blue/gold fans that embraced me like one of their own. In the end, Winnipeg is home

and there's no better place to call home. The Blue Bombers organization was great to me, and retiring as a member of the franchise is something I will always cherish."

Vega, 29, also played in the CFL with Toronto and Edmonton while spending

"In the end, Winnipeg is home, and there's no better place."

Jason Vega

time in the NFL with New England and Dallas. Over his tenure in Canada, Vega started 32-of-49 career games in Canada with 104 tackles, 20 sacks, two fumble recoveries and three forced fumbles.

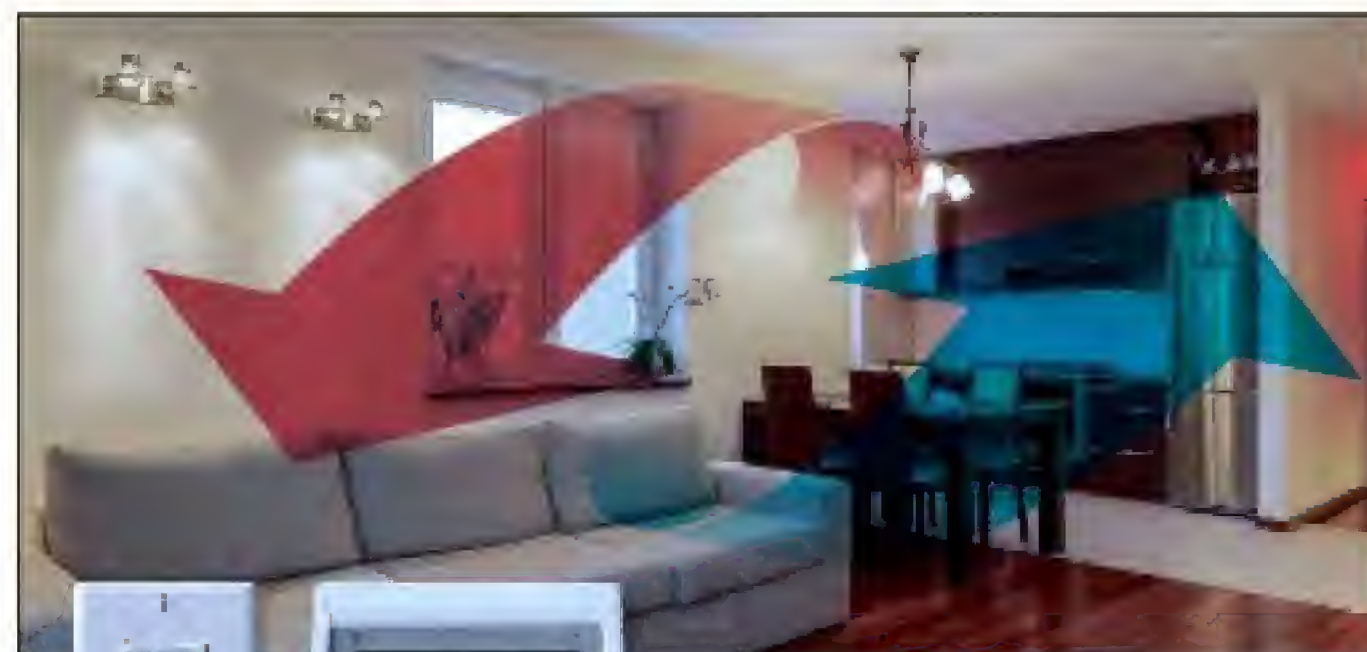
He also played in Winnipeg's 34-23 loss to the B.C. Lions in the 2011 Grey Cup.

"Jason was a consummate professional from the very beginning," said Winnipeg GM Kyle Walters.

"He knew what it took to play at this level and had the work ethic to stay at this level, those qualities sometimes don't always go hand in hand."

"We thank him for his contributions both on and off the field during his career in Winnipeg."

Jason Vega
JOHN WOODS/THE CANADIAN PRESS



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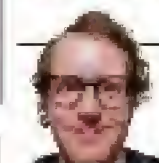


Dutch sound artist Wouter Jaspers is behind Winnipeg's new Forthwith Festival. CONTRIBUTED

Festival tunes into European culture

EVENTS

Forthwith gives city a sample of euro-inspired art and music



Nigel Moore
For Metro | Winnipeg

Winnipeg will get a taste of European-style arts and culture at Forthwith this weekend.

Local and almost 20 international artists will perform at the new experimental music, sound and art festival from Friday to Sunday at the festival, hosted by Forth (171 McDermot Ave.).

Their countries of origin include the Netherlands, Poland, Brazil and the United States.

Forthwith is being organized remotely by Dutch electronic artist Wouter Jaspers, who is based in Berlin, Germany. The owners of Forth are friends with Jaspers, and have connections to Berlin.

Forthwith will be a Winnipeg festival first and foremost, said Jaspers. Although Europe is home to a strong experimental art scene, he said there's a thriving artistic community here also, represented in events such as Winnipeg's send + receive last October and the annual Cluster New Music and Integrated Arts Festival, coming in March.

Jasper's goal is "to engage in with other interesting people and make a space where we can all learn from each other, have fun and make connections between the Winnipeg sound and visual art scene and other artists from abroad."

"Winnipeg artists are very much a part of the global scene," said Jaspers. "For example, artist Frans de Waard from the Netherlands, who has had a decades-long connection with Winnipeg artist Alan Conroy, who will perform at Forthwith as Not Half."

Conroy and de Waard will be on stage together Sunday.

There's a trend of interest towards sounds that can be taken apart, manipulated and made by hand, said Jaspers.

"I think people are looking for authenticity. Artists who play with the meaning of sound, the process of sound, and the art of sound seem to resonate more with this generation. The same goes for visual artists, where glitch and artifact from the process are more meaningful than slick post-production."

Jaspers insisted it was not so hard to get so many artists from different countries to sign up for Forthwith.

"The isolation, extreme winter weather and vibrant art scene make Winnipeg a compelling and interesting destination," he exclaimed.

Day passes are \$15 and weekend passes are \$40 at Forth and Eventbrite.ca.



The isolation, extreme winter weather and vibrant art scene make Winnipeg a compelling and interesting destination. Wouter Jaspers

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2016 CANADIAN CENSUS

The data shows cities need funds



David Hains
Metro | Toronto

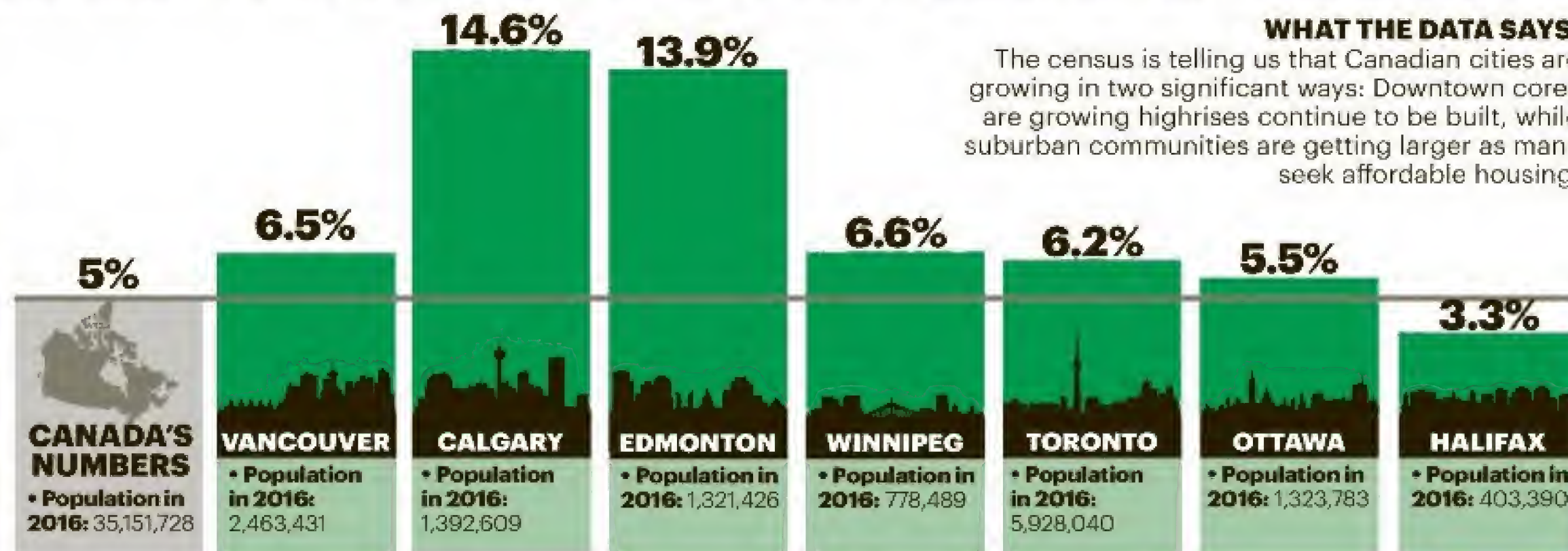
Canada's cities continue to be hotbeds for growth.

Census data released Wednesday confirms what mayors in major Canadian municipalities have been hammering home: Cities need more money to support the boom.

"The challenge is how do we make room for all these people," University of Toronto urban planning professor Matti Siemiatycki told Metro. "We need infrastructure investment that supports our urban quality of life."

Members of the Big City Mayors' Caucus highlighted infrastructure challenges in a late January meeting in Ottawa. Their priority recommendations for the next federal budget included transit and affordable housing, which are common issues across Canadian cities.

But less visible issues like water infrastructure, sewage capacity and the electric grid



GRAPHIC: ANDRES PLANA

also need attention, Siemiatycki said.

The census data shows that Canadian cities are growing in two significant ways, Siemiatycki said. Downtown cores grew as highrises continue to be built. At the same time, suburban commuter communities also got larger as Canadians

sought affordable housing.

Western cities led the way, with Calgary, Edmonton, and Saskatoon showing double-digit population growth compared to the last census in 2011.

Overall, Canada's population increased 5 per cent over the past five years with more than one third of people now living

in the Toronto, Montreal and Vancouver metropolitan areas.

Atlantic Canada grew less than the national average, with Halifax growing at 3.3 per cent. St. John, New Brunswick was the only major city to see a population decline, with 2.2 per cent fewer people compared to 2011.

In 2015, the federal government promised \$186 billion in infrastructure spending, with priorities on transit, trade and transportation, green initiatives, and social infrastructure like affordable housing and child care.

Among the major requests from big city mayors in January

was \$12.6 billion for affordable housing as part of the upcoming \$20-billion phase of federal infrastructure funding.

It's about time that Canadian cities see significant investment, Siemiatycki said.

"We've missed a generation of infrastructure in this country."



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Silencing of senator only raises her status

U.S. POLITICS

GOP rebuke takes on overtones of race, gender

The turbulent debate in the U.S. over race, gender and free speech consumed the normally staid Senate on Wednesday after the GOP majority voted to silence Sen. Elizabeth Warren, abruptly elevating her celebrity status at a moment when liberals are hungry for a leader to take on Donald Trump.

The highly unusual rebuke of the Massachusetts Democrat came as the Senate weighed President Trump's nominee for attorney general, GOP Sen. Jeff Sessions of Alabama, who seemed headed toward a nearly party-line confirmation Wednesday evening. It also gave frustrated Democrats a rallying cry weeks into a presidency that is dividing the country like few



Sen. Elizabeth Warren reacts to being rebuked by the Senate in Washington on Wednesday. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

before.

"I certainly hope that this anti-free-speech attitude is not travelling down Pennsylvania Avenue to our great chamber," Senate Minority Leader Chuck Schumer of New York warned.

The debate immediately took on overtones of race and gender. Warren was rebuked as she was

reading a letter by Martin Luther King Jr.'s widow, Coretta Scott King, opposing Sessions' ultimately unsuccessful nomination to a federal judgeship in 1986.

Warren was chastised under a little-used Senate regulation, Rule 19, which bars any senator from impugning the motives of any other.

Several male Democratic senators stood up and read from the same letter but without drawing objections, leading Democratic activists to proclaim that Senate Republicans were interested only in silencing a woman.

Democrats challenged Majority Leader Mitch McConnell's ruling, but the GOP voted to uphold it, barring Warren from speaking on the floor throughout the remainder of the debate over Sessions.

"She was given an explanation. Nevertheless, she persisted," McConnell said in words that sparked still more liberal outrage and Twitter hashtags. Hillary Clinton referenced McConnell's comment about Warren persisting, adding in a tweet: "So must we all."

In the aftermath Democrats expressed outrage that Warren had been silenced while quoting from the words of a civil rights hero, as a party that's struggled over the best way to challenge Trump found something all could agree on. THE ASSOCIATED PRESS

IMMIGRATION

Muslim ban now in hands of judges

A federal appeals court will decide whether to reinstate President Donald Trump's travel ban after a contentious hearing in which the judges hammered away at the administration's motivations for the ban, but also directed pointed questions to an attorney for two states trying to overturn it.

It was unclear which way the three judges of the San Francisco-based 9th Circuit Court of Appeals would rule, though legal experts said the states ap-

peared to have the edge.

A ruling could come as early as Wednesday and could be appealed to the U.S. Supreme Court.

The appeals court challenged the administration's claim that the ban was motivated by terrorism fears, but it also questioned the argument of an attorney challenging the executive order on grounds that it unconstitutionally targeted Muslims.

THE ASSOCIATED PRESS

SPACE TRAVEL

NASA mission to go around moon

The European Space Agency says it will contribute key components for a future NASA mission to take humans around the moon within the next few years.

Astronauts haven't gone beyond a low orbit around Earth since 1972, when NASA ended its Apollo program.

The European Space Agency and aerospace company Airbus

have already delivered a propulsion and supply module for an unmanned flight of NASA's new Orion spacecraft next year.

The agency said Wednesday that it and Airbus have now agreed with NASA to build a module for a second, manned mission that will fly around the moon as early as 2021.

THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON THE CENSUS



Flirting with anti-immigration sentiment may be a winning formula within parties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada

The population of every province west of Ontario is growing at a faster rate than the national average. The reverse is true of the five provinces east of Ontario. In the case of Atlantic Canada, the demographic shortfall is acute. New Brunswick's population shrank between 2011 and 2016 and the population of Nova Scotia's increased by a mere fraction of a percentage point.

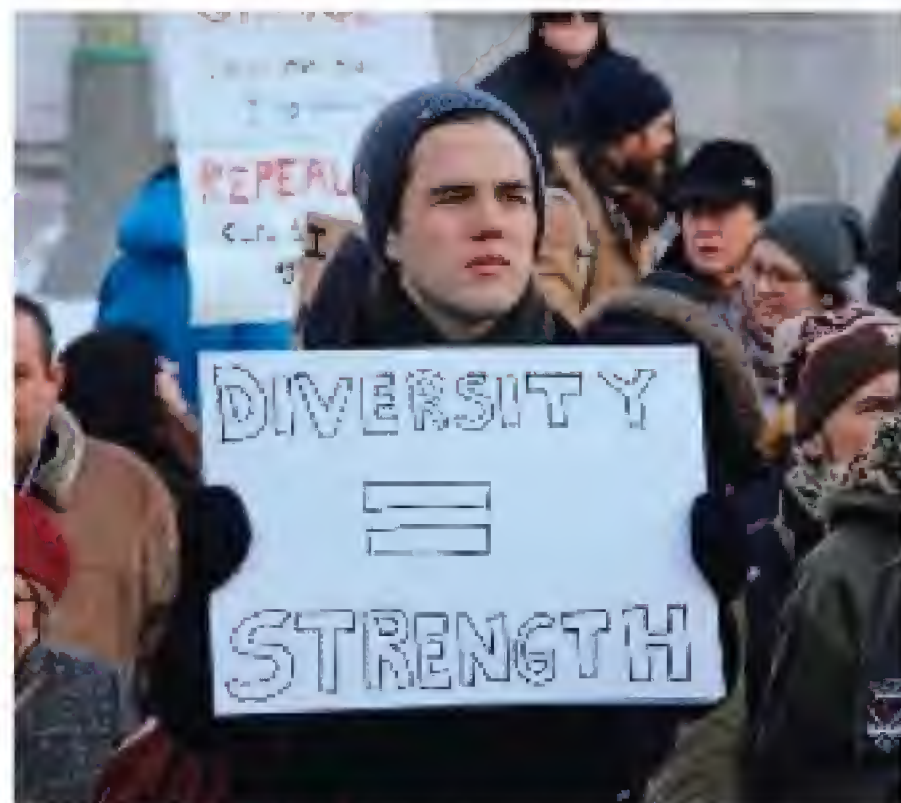
The region is in the eye of a perfect storm. Its population is aging; it is losing people to more prosperous provinces; it does not attract nearly enough immigrants to make up the difference. This is not a trend that will be reversed overnight, if ever. It is not happening in isolation from the country's federal dynamics.

For the first time this year, the tradition of giving one of the nine seats on the Supreme Court to a judge from Atlantic Canada was called into question. It will not be the last time. The region is down to less than 10 per cent of the seats in the House of Commons. That proportion will continue to diminish as new seats are added to reflect demographic growth elsewhere in the country.

Going forward there might be a temptation to fight Atlantic Canada's battles in the Senate, the house of Parliament where its weight is artificially maintained. With less than seven per cent of the population, the region

is guaranteed 24 seats in the upper house. Ditto for the West, whose four provinces are now home to one in three Canadians. A makeup that so distorts the demographics of modern Canada does little to

ties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada. There is no turning back the clock on the country's diversity.



DRAWING A NEW MAP Federal parties must adapt tactics as country changes, Chantal Hébert writes. RYAN TUMILTY/METRO

enhance the moral legitimacy of the unelected Senate to act as a chamber of sober second thought.

That is not the only politically related takeaway from the 2016 census numbers released on Wednesday.

Over the past five years immigration has accounted for two-thirds of Canada's population growth. Based on current trends, it will account for 80 per cent in less than 20 years. It will be hard for a political party to win government without policies and a lineup that reflect the country's diversity.

Flirting with anti-immigration sentiment may be a winning formula within par-

ties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada. There is no turning back the clock on the country's diversity.

As long as the allophone vote was concentrated on the island of Montreal, a Quebec party could realistically hope

to win an election without reaching out to newer Quebecers. But now the mix of suburban Quebec, which holds the key to electoral success, is changing.

Quebec's population has grown at a slower rate than the Canadian average for four decades. At three per cent, it is still at a relatively healthy level. Quebec is home to almost twice as many people as British Columbia. It is not about to lose its place as Canada's second-most-populous province. Nor, for that matter, is Ontario's demographic edge on its sister provinces about to disappear. Central Canada will continue to be the federation's political powerhouse.

That being said, only a steady influx of immigrants stands between Quebec and the anemic demographic growth of the Atlantic region. The province's future as a French-speaking society rests on its success at keeping and integrating those immigrants into its mainstream.

Quebec's collective preoccupation with ensuring that French endures and thrives on the North American landscape will continue to distinguish the province's politics from those in the rest of the country.

But on just about everything else the issues that matter to an increasingly urban increasingly diverse Quebec are more similar to those that preoccupy the majority of voters in Ontario and in Western Canada than at any other time in the federation's modern history.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

VICKY MOCHAMA



Politics needs pop culture references now more than ever

In the days, weeks and months since Donald Trump was elected U.S. president, those who wanted a president well-versed in the constitution have been doling out blame and shame.

In all this, there is one group being unfairly targeted for blame: pop culture nerds.

People have taken to comparing the outcome of the American election and early days of the Trump administration to everything from Star Wars to The Hunger Games to Harry Potter.

But for every tweet suggesting Trump has all the tact of the Whomping Willow, there's another saying, "Stop making Harry Potter references. This is real life."

As if readers of Harry Potter have walked the halls of their schools, or faced the drudging misery of going to work everyday and thought, "Yes, this feels exactly like being at Hogwarts, a magical school on a hill full of wizards and wands."

Now that's unlikely.

Pop culture references are the nervous laughter of these turbulent times.

Remember when then-candidate Trump dropped the word "bigly" during a debate and we all chuckled while thinking, "Oh good good, he's making up words and he might be in charge of nuclear weapons."

In the face of a tumultuous future, pop culture creates comforting distance.

The people to chastise are

not the ones who have read books or watched movies about fascism and concluded that they are analogous to this moment.

If anything, those people should be applauded for basic reading comprehension.

It is the people who misunderstand books — Qur'an critics who cherry-pick violent passages to paint a broad swath of people as savage; bible fanatics who use the Good Book to advocate for Bad Things; and those misguided souls who feel Dr. Seuss' *How the Grinch Stole Christmas* is really all about the trickery of the Easter Bunny — who are a problem.

Interpreting culture can be dangerous. Everyone imagines fighting alongside Luke Skywalker for the Rebel Alliance, but few identify with Darth Vader's Stormtroopers.

As resistance to Trumpism builds, a demand for intellectual gravitas will exclude more people than it will include. Recognizing the danger ahead cannot solely be left to the historians and political analysts.

So: Is Donald Trump like Lord Voldemort? Of course not. Donald Trump is terrifyingly real. The lesson, however, is worth taking.

A generation of North Americans who have lived in relative safety are finding in pop culture an entry point for understanding the horrors of authoritarianism — and finding heroes, too.

That is a blessing, not an unforgivable curse.

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by Jason Logan

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There is no turning back the clock on the country's diversity.

As technology and society get in the way, the 'hookup generation' is proving to be anything but — with more virgins than in older age groups

No sex please... we're millennials

A 2014 study found that about 15 per cent of American 20 to 24-year-olds have never had penetrative sex, a jump from 6 per cent in their parents' day. ISTOCK

Genna Buck
Metro | Toronto



Anna is a 23-year-old content specialist who's never had sex. She works from home for a Toronto start-up. She's attracted to men, but doesn't get to meet many. She's dipped her toes into the world of dating apps and OK Cupid, with some success.

While she's pretty confident she won't be a virgin much longer, Anna struggles with whether to be upfront about her status on something like Tinder, where many are looking for a quick hookup. But research shows Anna is not unusual at all.

Ryne Sherman and his colleagues set off a media storm when they published research in 2014 showing millennials in their 20s and 30s — the so-called

"hookup generation" — are anything but.

Compared to GenXers and boomers, millennials have fewer sexual partners and have sex less often, Sherman said. About 15 per cent of American 20 to 24-year-olds have never had penetrative sex at all. In their parents' day, that number was just six per cent. (The research in this area is still very heteronormative — the survey just refers to "sex" without specifying).

Researchers floated a few possible reasons for the trend: It's a hangover from fear-based sex-ed of the '90s; It's part of a trend towards less risk taking — today's young people do drugs less, drink less, and use condoms more than their parents did; It's a failure to launch — economic trends have landed many millennials at their parents' place, not the most conducive environment

for sexytimes.

But there's more to it than that. After the study was published, the mail poured in.

"We were hit with a bunch of stories like 'I'm 23 and a virgin. I don't have time for sex, I'm committed to my career,' especially from women," Sherman said.

Then there's another overlooked factor: The decline of the meet-cute. At least in person.

"I'm open to sleeping with someone, I just want to know them for maybe a month," Anna said. "People have been pretty respectful, but I don't want to engage until I feel ready."

Jessica*, 33, deals with the same problem. "Who would ever want to have sex with a girl in her 30s who's still a virgin? Must be something wrong with her."

All Jessica's relationship experience is virtual. In her teens and 20s, she spent a lot of time

on the Internet, playing multi-user games and interacting with people from all over the world. "I loved it ... but it also kept me away from real social experiences," she said. She was in a tumultuous romantic entanglement with a man for most of her 20s — but it was entirely text-message based.

Many of the virgins Metro spoke to went through some kind of struggle in their young adulthood with their sexuality or sexual orientation. Anna has a pervasive phobia of getting pregnant. Another woman tried penetrative sex and found it unbearably painful. A third had come to realize her sexual orientation was somewhere on the asexual spectrum.

One 24-year-old man said, "Simply put, the women I like don't like me back, so I've never been on a date. I don't have the

confidence for one night stands or casual stuff, and it doesn't interest me anyways because the romantic aspect is really appealing to me."

But several said they just hadn't met someone they wanted to have sex with who also wanted to have sex with them, and didn't feel an urgent desire to be partnered up — a possible side effect of a society that is gradually embracing the philosophy of "you do you."

Though people who have what researchers call "a late sexual debut" are at a higher risk of sexual function problems that those who lose their V-card at an average age, most do eventually have sex. "Biology is pretty powerful," Sherman said. "We all came from a long line of people who were interested in having sex at least once."

* Names have been changed

RELATIONSHIP VIRGINS

Today's climate — with new dates and hook-ups to be found, and banished, at the touch of a button — has produced another kind of virgin: The relationship virgin. Everybody knows one: a person who has had sex, but never settled down. Jason Brown, 35, is that kind of virgin.

Dating apps and websites strike him as superficial and fake. He says the worst part of long-term singleness is the pressure from friends and family.

"I depend on myself for everything. And at times it would be really nice if I had a teammate, he said. "But if I can't, I've proven that I'm more than capable of surviving and doing very well without anybody."

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Relationship status: it's very complicated

TERMINOLOGY

Why 'hanging out' leaves us hanging for a real definition

One of Metro's editors recently made a big mistake. She referred to her nephew and the woman he's seeing as "dating." No, he corrected her fiercely. They've been on dates. They're not dating.

It seems like those two things should be synonymous, but in modern parlance, they're not. We enlisted professional matchmaker Sofi Papamarko to explain the dizzying array of dating terms. The way people define the stages of relationships has changed a great deal, even in just the past couple of years.

As recently as the 1990s, "If two people had gone out to the movies a couple of times, they were 'going out'" exclusively, Papamarko said; the same status their baby-boomer parents would have called "going steady."

But nobody says, "going



Professional matchmaker Sofi Papamarko. CONTRIBUTED

steady" with a straight face anymore.

Couples go through an increasingly common, and growing, limbo stage of dating/not-dating at the beginning of their relationship, especially if they meet on an app or website.

"Nowadays, 'dating' means exclusivity and exclusivity is ... a lot more hard won," Papamarko said.

"You can be seeing a lot of someone for months and if someone asks you if you're dat-

ing, vehemently deny it and say you're just hanging out."

"Hanging out" is what unofficial, not non-exclusive dating is called, Papamarko explained. Until the dreaded "what are we" talk, you're free to explore other options and assume your partner can do the same. This trend has affected how Papamarko advises singles who are looking for love.

"I tell my clients that a couple of great dates does not a relationship make."

GENNA BUCK/METRO

3 WAYS TO PIMP YOUR PROFILE

The wonderful thing about dating online in 2017 is how many apps there are to leave you wondering why your date never spoke to you again. Maybe there is a giant junk filter in The Cloud that has caught all those missed replies. Or maybe your profile just doesn't scream "serious." These steps will hit refresh on your profile.

Ask for what you want

People looking for long-term love are the least likely to say so. Emily Witt, who wrote the love-in-the-time-of-Wi-Fi book called Future Sex, says that the most common answer that users make private on OkCupid's questionnaire is that they are looking for a serious monogamous relationship. "It's best to be honest instead of pretending that you are just there by accident," Witt says.



Make it about you

Think of the text on your profile as talking points you are not-so-subtly suggesting your date ask you about. "If you don't write anything you look like a lazy dater," says dating consultant Shannon Tebb of ShannyInTheCity.

Wear your first date outfit in your profile pic

...and then wear your second date outfit on your first date. After all, your profile picture is the first time that the perspective love-of-your-life is going to see you. "Snap a shot of yourself dressed up," says Tebb. "You're showcasing your best self."

RYAN PORTER/METRO

+ = NSA? Texting decoded

If Shakespeare were at work today, his sonnets may have read, "Shall I compare you to a peach emoji?" Today's text-based flirtations are an inscrutable mix of acronyms, secret codes and emojis that you might need to Google Translate your way through. Here are a few definitions to help:

LTR: "long term relationship," as in, go ahead and think about that fourth date.

NSA: a "no strings attached" sexual encounter; warning: actual strings may be attached.

DEMO: "dancefloor makeout"; minimal dancing required.

DTR: "define the relationship" — because an exclusive relationship is stressful enough without texting three complete words.

HRU: "how are you?", note: nobody is expecting a genuine answer to this.

VGL: "very good looking", as in "be warned that I am the kind of person who calls myself 'very good looking'."

HWP: "height/weight proportionate," a.k.a. the H&M "medium."

CD: "cross dresser"; if you read this as "compact disc," you are in over your head.

Eggplant emoji: A euphemistic way to refer to the male genitalia that makes it impossible to grocery shop without giggling.

Peach emoji: A bum that upholds unrealistic body image standards.

RYAN PORTER/METRO

4 MINI VALENTINE'S DAY CARDS FOR YOUR SPECIAL SOMEONE

Metro cartoonist Ani Castillo has turned her trademark talents to modern love with four takes on a Valentine's Day message for 2017. Go ahead and cut them out and start spreading the love!

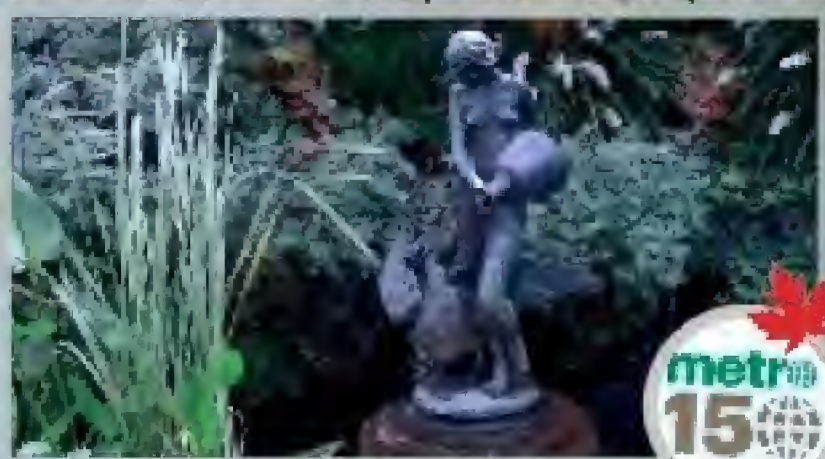
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150 WAYS of looking at Canada

POSTCARD NO. 9

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One of my favourite places to visit is the Allan Gardens Conservatory. With a total of six greenhouses, it is a veritable oasis in the city centre. The two tropical houses have exotic plants that bloom all year round. **Nora Axbey**

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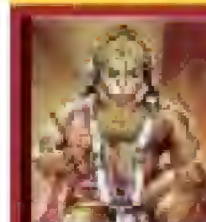
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Modern advice for rookie investors

FINANCIAL PLANNING

Prioritize goals before investing, advisor says

Jaclyn Tersigni

A confession: At nearly 28 years old, I know very little about investing. Sure, I have a TFSA and an RRSP and if I remember correctly, they contain some mutual funds ("think of your accounts of financial baskets — they can hold things," a well-meaning bank-appointed advisor once told me). But if I were instructed to reorganize my baskets, even slightly, and maybe add another one or two to the basket collection, I'd be making blind, maybe disastrous, moves.

A conversation with Shannon Lee Simmons made me feel better about my reality, and, inspired me to fix it. The 32-year-old founder of New School of Finance, a fee-only financial planning firm based in Toronto, works largely with

people between the ages of 25 and 45 and is well-versed in the struggles of new investors who feel intimidated and embarrassed of their low investing IQ.

"You'd be surprised at how often people self-deprecate and self-shame about how little they know. They're embarrassed about it. And I'm like, 'Yo, how are you supposed to know this? That's why I have a job,'" Simmons says.

But, she adds, that knowledge deficit about the whens, wheres, hows and whys of investing poses significant challenges.

"The lack of literacy is a huge problem for overall well-being because it makes finances intimidating and then people don't want to move forward ... They believe that they're bad with money, and that [belief] is so bad," she says.

It's not just a lack of knowledge that's hurting rookie young investors; it's misconceptions about the urgency to invest and where to put their money.

"Sometimes an RRSP is not the best thing for someone," Simmons explains. "You have

to make sure you're using accounts strategically, in a way that makes sense for you."

To begin investing strategically, responsibly and without the intimidation factor, Simmons offers advice that sometimes goes against the grain of what's touted by banks, parents and media.

Maybe don't invest at all

In an ideal world, we'd all be investing from the moment we took on part-time, after-school jobs. But, as Simmons reminds me, many under-40s have leftover debt from school, are experiencing precarious work arrangements, and live in cities with high costs of living. We have to prioritize our financial considerations.

"Investing is wonderful but it should be your third order of operation," Simmons advises. She recommends paying down debt first — consumer debt, like credit card bills, not a mortgage — and then building up a non-invested emergency fund that can be easily accessed if and when it's needed. Once those items are crossed off the list, then look to investing.



Financial advisor Shannon Lee Simmons says investments should be driven by your personal financial goals. CONTRIBUTED

Seek unbiased, personalized advice

Know the difference between what type of financial advisor whose help you are seeking. With a commission-based financial advisor, for example, instead of paying an out-of-pocket fee for his or her ser-

vices, you'll pay fees on the investment products that he or she suggests. A fee-only advisor, on the other hand, charges a fee for the advice and assistance given. It's a distinction that Simmons says is important, depending on your particular situation.

Be smart about the accounts you choose

RRSPs are great — but only if wielded correctly, Simmons advises. Contrary to what banks (and baby boomer parents) have long shouted from the rooftops, they're not a one-size-fits-all investment solution for everyone.

Simmons reminds me to keep three things in mind about RRSPs:

- Money contributed reduces income tax charged, so a young person who's earning a low income and adding to an RRSP is effectively wasting future contribution room on an income tax that doesn't need lowering;
- RRSP savings goals should be earmarked for first-time home purchases, a return to full-time school, or retirement; and
- Because RRSP money is taxed upon removal, it makes it less accessible for other needs, such as a wedding or an emergency.

"One piece of advice is not good for everybody," she says, later adding that investments should always be driven by personal financial goals.

Top apps to help you invest

Investment-focused mobile apps can be divided into three main categories: platforms that help you manage your self-directed investments, make trades, and watch the market; robo-advisors, the automated, online-only investment management tools becoming increasingly popular, especially amongst young invest-

ors; and information-only apps that provide news and analysis that inform investment decisions. Here are three of the most popular such apps.

Wealthsimple; wealthsimple.com

Type: Robo-advisor
Available for: iPhone, iPad, Android devices

This online investment manager currently serves 15,000 clients and \$750 million in investments. Its mobile apps offer comprehensive services, including the ability to

open a new account.

Wealthsimple maintains a diversified portfolio of low-cost index funds and, using a largely automated investment process supported by algorithms, determines the right mix of investments for each user, rebalances portfolios, and reinvests dividends. When live advisor advice



Wealthsimple CONTRIBUTED

is needed, they can be reached by email, text or phone. The first \$5,000 invested is managed for free; after that, up until the \$100,000 level, a reasonable 0.5 per cent fee kicks in. Wealthsimple supports most account types, including TFSA, personal, joint, RRIF, and RRSP.

BMO InvestorLine; bmo.com

Type: self-directed investment
Available for: iPhone, iPad, Android phones

Consistently ranking high on "best of" lists, BMO's InvestorLine is for self-directed investors, who are comfortable making

investments without the services, minimal or otherwise, of a financial advisor.

Investors can find up-to-the-minute quotes, watch securities in real-time, research ideas, analyze their own portfolio, and set up alerts. Most importantly, they can make trades directly in the app. The iPad app integrates BMO daily banking with InvestorLine, allowing users to conduct both daily banking activities and investment activities.

BNN Go; bnn.ca

Type: information only
Available for: iPhone, iPad,

Android devices

BNN's app is a one-stop shop for the most up-to-date information from the investment world, and one of the more popular news-only apps of its kind. It provides comprehensive market data from the Toronto Stock Exchange, Nasdaq and New York Stock Exchange. Users can search for specific stocks, as well as select favourites to see updates at a glance. The app is complemented by BNN's top business news stories and its top stock picks from its television programs Market Call and Market Call Tonight.

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YOUR FINANCES

Canadians consider RRSP or TFSA

Vikram Barhat

As the March 1 deadline for the RRSP approaches, the perennial RRSP versus TFSA makes its way to the front burner, fuelling confusion in the minds of the vast majority of Canadians who are only able to invest in one or the other.

There's little doubt both are well-intentioned programs aimed at helping Canadians squirrel away their savings. However, when it comes to investing hard-earned dollars, what's good for the goose isn't necessarily good for the gander. Understanding the key technical differences and tax treatments can go a long way in deciding which one is more suited to an investor's personal financial circumstances.

Contributions made to



Understanding your tax circumstances now and in the future should guide your decision on what saving vehicle to use. iStock

the TFSA are after-tax dollars that grow tax-free and can be withdrawn tax-free at

any time. The main benefit of the RRSP is tax deferral. Funds contributed to the RRSP are

before-tax dollars that can grow tax-free within the RRSP. This means you don't have to

pay capital gains taxes when you sell stocks nor pay tax on dividends or interest re-

ceived. However, you will be taxed, based on your current marginal tax rate, upon withdrawal from your RRSP.

Therefore, it's the clear understanding of one's present and future tax circumstances that guides as to which of the two savings vehicles can best optimize your investment returns, says Ed Rempel, a fee-for-service financial planner and financial blogger (edrempel.com).

"The better choice depends on your tax bracket today, your tax bracket after you retire, and whether you will be affected by the claw backs of one of the government income [supplement] programs," he says. "It also depends on what you do with the tax refund and how likely you are to raid your retirement savings."

The RRSP deadline is coming up fast!

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MEET THE CONDO

CEDAR GROVE



Easy access to city amenities

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Project overview

With a location that offers easy access to downtown, the beaches, Kildonan Park and essential shopping, convenience is key at Cedar Grove. Heated underground parking and elevator service help make life easier too.

Housing amenities

Each unit features nine-foot ceilings, luxury vinyl plank flooring, stainless steel appliances, choice of wood cabinets and a washer/dryer with laundry sink. Large covered balconies with glass railings expand living space to the outdoors.

Location and transit

Residents can use Main Street or Chief Peguis Trail for a quick trip to most parts of the city. Three bus routes stop within a block and the city is expanding a major regional bikeway to run past the property.

In the neighbourhood

Starbucks and a new Za Pizza Bistro are next door to cover any early morning or late night cravings. Or hit the rink at the Red River Community Centre and meet up with friends at Brown's Social House afterwards.

+ NEED TO KNOW

What: Cedar Grove
Builder: Bisko Enterprises
Designer: Bisko Enterprises
Location: 276 Murray Ave.
Building: Three-storey apartment-style condos
Sizes: 1,206 square feet
Model: Two-bedroom units with underground parking

Pricing: \$289,000 to \$299,000
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Occupancy: Immediate
Sales centre: 5890 Cambie St.
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Website: cedargrovecondos.ca

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Cheer up your home this winter

INTERIOR

Ask a designer: Letting the light in is only the first step

During these chilly and grey mid-winter days, many of us look to our homes as sanctuaries. The standard advice for cheering up your living space is to add a few splashes of bright, happy colour, says designer Maxwell Ryan.

But while that may seem like an easy solution, he says, it's actually not very effective. To create a home that really helps battle the mid-winter blues, you need more than just a pop of colour.

The Associated Press asked Ryan, founder of the home decor website apartmenttherapy.com, and two other interior designers — Florida-based Laura Burleson and New York-based Jenny Kirschner — for advice on small decor changes that can lift spirits and brighten up a home.

THE ASSOCIATED PRESS



Uplighting words or art can serve as "a very, very simple, elegant little pick-me-up," says Burleson. THE ASSOCIATED PRESS

A light bulb moment

All three designers suggest improving the happy glow of your home by swapping out any light bulbs that offer cold or harsh light. Kirschner says hardware store employees can help you find the most appealing "daylight bulbs" to bring a sense of sunshine in during grey winter days.

Or consider swapping out old lampshades or adding a new lamp. "Spread your light around down at the level you live at," Ryan says, so that it's "closer to you, closer to your face. You'll look better and feel better."

Designers recommend having at least three points of light in any room. Once you have plenty of light sources, make sure you use them by adding dimmers to control the light, and upgrading so that several lights can be turned on from a single knob or switch. Ryan has begun using Hue bulbs, which can be controlled by smartphone and adjusted for brightness and colour.

"My living room has five lights in it," he says, and they're now easily controlled via his smartphone. He notes that if he had to switch each one on individually when he arrived home on winter nights, "it probably wouldn't happen."

Chose finishes that reflect light

Bring "a little glimmer of light" into your living space, Burleson says, by adding polished elements like metals, cut glass and lucite. These help natural light bounce around a room. When days are short, the goal is to make the most of what light there is.

In a home in Colorado, Burleson recently swapped out old kitchen hardware for shimmering clear agate knobs, and included metallic elements in a mix of finishes.

She also suggests adding metals in warm colours that "hint of spring," such as a copper, brass and rose gold.

Invite nature in

In February, many people are craving time outdoors and missing the natural energy of plants and flowers, Ryan says. "We've watched our plants die outside or the leaves fall from the trees," and we're due for an infusion of healthy, growing life, he says.

So add a few new plants to your home — perhaps succulents arranged in a kitchen window, or flowering branches in a large vase. Or plant flowering bulbs indoors in a large, deep bowl (try paperwhites or amaryllis) and enjoy tending them as they begin to bloom.

"Even if you just go to the corner store and bring in cut flowers," Ryan says, you'll be adding a bit of nature's energy to your home.

Add a soft touch to design

It's easy to create an uplifting sensory experience in your home by adding faux sheepskins, faux-fur throws, and rugs or pillows made of cashmere or soft wool, says Kirschner.

Ryan agrees: Make sure you have pleasing textures around you, he says, including underfoot. Little touches can make a big difference. Try adding a sheepskin or soft blanket over a chair that you use when working at home.

Create a signature home scent

Kirschner suggests adding pleasing fragrances to your space. Choose organically scented candles, or simply take items from your kitchen (lemon and orange slices, cloves and nutmeg, or other fruits and spices) and steep them in water in a heat-safe container over a votive or tea light candle.



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RidgeWood West, a new development in Charleswood, providing a variety of contemporary housing options in one of the most treasured neighbourhoods in Winnipeg.

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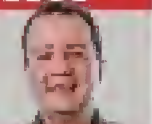
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Jets move toward exit

VIEW FROM THE 300S

Andrew
'Hustler'
Paterson



With realistic hope of playoffs slowly slipping away for the Winnipeg Jets, it's just about next-year time for our local NHL team.

After a season-high three-game win streak, the Jets have lost to the NHL-worst Colorado Avalanche and the Central Division-leading Minnesota Wild. The Jets are once again in a very precarious position. And as close as the standings sometimes seem, the Jets are one of only five NHL teams with more regulation losses than wins this season. Needless to say, that's not going to get you into the post-season.

Sure, the Jets were not expected to be a Cup contender, but it's hard to believe after seemingly bottoming out last year, winning the second pick in the draft lottery and adding Patrik Laine, the Jets find themselves again near the bottom of the league as the March 1 trade deadline approaches.

Patience in the city as GM Kevin Cheveldayoff continues a seemingly open ended draft-and-develop plan is wearing thin. The "just happy to be back in the NHL"



Coach Paul Maurice said the Jets "were better than (the Wild) over the course of the game," in their 4-2 loss to Minnesota on Tuesday. TREVOR HAGAN/THE CANADIAN PRESS

feeling has pretty much worn off and the city is waiting for some payoff for all that patience and hope.

Assuming that Cheveldayoff and head coach Paul Maurice continue in their roles, both have a lot of work ahead of them to build a legitimate playoff team.

In addition to teaching and bringing along the young Jets, Maurice will be tasked with instilling a consistency that has been sorely missing for the past two seasons.

That's evidently easier said than done. Discipline, special teams and greater defensive commitment and execution are all areas in need of major improvement. That's all on Maurice's plate.

For Cheveldayoff the to-do list is also long. While figuring out the most advantageous way for the club to handle the Vegas expansion draft, there is no way the Jets can expect better results without improving their goaltending significantly.

This, along with shoring up the third pairing of the defence corps, are absolute musts.

On a team with plenty of young talent and a capable veteran core, sitting in the bottom five of the league this year is a major disappointment. With that comes pressure on the coach and GM. The tickets will continue to sell but another season like this one will not cut it with fans of the Winnipeg Jets.

ALPINE SKIING

Guay captures super-G world title

Erik Guay phoned up the mountain to teammate Manuel Osborne-Paradis after laying down a winning time in the super-G at the world alpine ski championship Wednesday.

His scouting report helped put two Canadian men on the world championship podium for the first time in the 44-year history of the biennial event.

At 35, Guay became the oldest skier to win a world alpine title. Osborne-Paradis collected the first world championship



Erik Guay
GETTY IMAGES

medal of his career with a bronze on his 33rd birthday.

Guay, from Mont-Tremblant, Que., edged Olympic champion Kjetil Jansrud of Norway by 0.45 seconds for the victory.

Osborne-Paradis of Invermere, B.C., finished 0.51 back of his teammate. THE CANADIAN PRESS

NBA

Jackson continues critiquing Carmelo

Phil Jackson may be trying to trade Carmelo Anthony because he's given up trying to change him.

That seemed to be the conclusion Tuesday when the New York Knicks president broke his Twitter silence with another dig at the star forward.

In the tweet, Jackson referred to a column by Bleacher Report writer Kevin Ding that suggested Jackson is frustrated because Anthony doesn't have the same will to win as Michael Jordan and Kobe Bryant.

Jackson tweeted on Tuesday: "Bleacher's Ding almost rings the bell, but I learned you don't change the spot on a leopard with Michael Graham in my

CBA daze."

Jackson was referring to Michael Graham, a Georgetown star who never enjoyed much success in the pros. Jackson coached Graham with the Albany Patroons of the now-defunct CBA.



It is testing me as a human being.

Carmelo Anthony

It was at least the third time this season that Jackson or someone close to Jackson was critical of Anthony, the 32-year-old forward who remains the best player on the disappointing Knicks.

"It is testing my will, it is testing me as a human being, but it is also making me stronger throughout this process," Anthony said after a loss to Cleveland on Saturday.

THE ASSOCIATED PRESS

NHL

Playoff outlook shifts in top-heavy West

After finishing with the usual game-day questions, Minnesota Wild forward Zach Parise was intrigued by one more query.

Could he point to why, after so many years as the NHL's dominant force, the Western Conference seems to have taken a step back the last two seasons?

"I don't know, that's a good question," said Parise. "Probably parity. Games are hard. You look at the standings now in our conference and there's only two teams that are out (Colorado and Arizona)."

"It didn't use to be like that." There was a time not that long ago when finishing the regular season with 87, 88 or 89 points wasn't worth much in the West.

From 2001 to 2015, teams

grabbing the conference's final playoff spot wound up sitting anywhere between 90 and 99 points, with 91 points (four times) and 95 points (three times) the most common totals.

The Los Angeles Kings missed the playoffs two seasons ago with 95 points, while the Dallas Stars in 2011 and Colorado Avalanche in 2007 suffered the same fate.

But for the second year in a row, it looks like less than 90 points might be enough for a club, possibly two, to get into the West's top eight.

"It's surprising, to be honest," said Minnesota goalie Devan

Dubnyk.

Last season it took just 87 points for the Wild to make the playoffs in the West — the lowest since San Jose's 87 in 2000 — while Nashville grabbed 96 to earn the first wild-card spot. Five of the conference's other six playoff teams finished with 100 points or more.

Philadelphia made the post-season with 96 points in the East last year, but Boston missed out with 93.

Over the previous 12 seasons — excluding the two lockout-shortened campaigns — it took anywhere from 83 to 94 points in the East to make the top eight.

Minnesota, Chicago and San Jose are the only West teams on pace to crack 100 points this year. St. Louis is tracking towards 89 as the West's first wild-card team, while Calgary, which has played two more games, is in the second spot on an 86-point pace.

Los Angeles is a point back in ninth, but is running at an 88-point clip.

By contrast, the Rangers occupy the first wild card in the East and are on pace for 107 points.

"It goes in cycles," said Vancouver Canucks captain Henrik Sedin. "The West has been a powerhouse for a long time. (The East) has got good teams. There's no other way to put it."

THE CANADIAN PRESS



The Jets are six points adrift of Calgary in the NHL's wild-card playoff chase.

IN BRIEF

Falcons fire D co-ordinator

After squandering a 25-point lead in the Super Bowl, the Atlanta Falcons are shaking up their defensive staff.

The team said Wednesday that coach Dan Quinn has dismissed co-ordinator Richard Smith and defensive line coach Bryan Cox, though there's a chance Smith could stay with the Falcons in an advisory role. Kyle Shanahan left Atlanta to become head coach of San Francisco and was replaced as offensive co-ordinator by Steve Sarkisian.

THE ASSOCIATED PRESS

Canada rolling at Fed Cup

Canada's Katherine Sebov won her debut singles match at the Fed Cup on Wednesday to help her team to a 3-0 victory over Bolivia in Americas Zone Group I play in Metepec, Mexico.

Sebov, from Toronto, defeated Maria-Fernanda Alvarez-Teran 6-3, 6-2 and Bianca Vanessa Andreescu of Mississauga, Ont., followed with a 6-3, 6-1 win over Noelia Zeballos.

Canada faces Paraguay on Thursday for first place in Pool A. THE CANADIAN PRESS

Crunchy Turkey Lettuce Wraps



PHOTO: MAYA VISNIVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner delivers zesty, satisfying turkey with all of crunch and colour of a salad.

Ready in 10 minutes

Prep time: 10 minutes
Serves 4

Ingredients

- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce, chopped
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.
2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.
3. Check that the turkey has cooked through. Put the mixture in a serving bowl.
4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

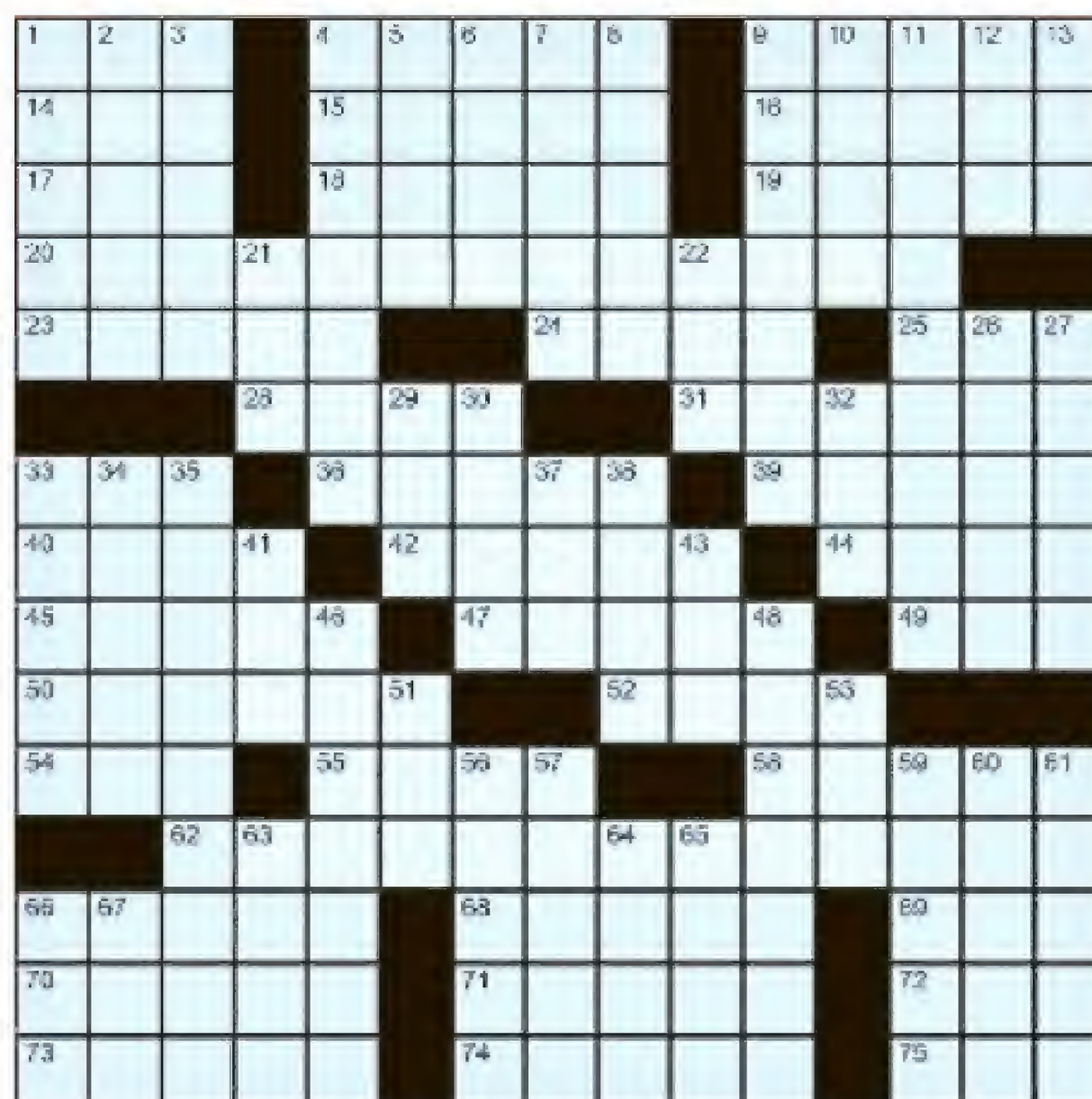
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Phone's 8 letters
4. Highway exits
9. Awestruck
14. News agency, e.g.
15. Manicurist's board
16. Simon of Duran Duran; 2 wds.
17. Mr. Perlman
18. Fancy tongue
19. Dostoyevsky novel, and Punishment
20. NWT: Scenically extending from Yellowknife to Tibbitt Lake, Highway 4 as it is commonly known; 2 wds.
23. Food packaging meas.; 2 wds.
24. Charles Dickens books illustrator's nickname
25. 'I' in FWIW
28. Ms. Ward
31. Canadian writer, Yann _ (Author of Life of Pi)
33. Cloth
36. Do a cleanse, informally
39. Heighten
40. Canadian actor Raymond of "Perry Mason"
42. Wristwatch company
44. Puppy's cry
45. Exorbitant
47. Singer/pianist, _ Ray Joel
49. Used the bench
50. Ready-made, as some houses
52. Emulate John Hancock
54. Red Cham-



ber fig.
55. Mountain lion
58. Shakespeare's feet?
62. Song by Canadian band Sheriff that goes "And I never lived for nobody..."; 4 wds.
66. House 'story'
68. Paul Anka song

69. Good; French
70. Sierra _
71. The Windsors watch horses race here
72. Heart singer Ms. Wilson
73. Cow milking area
74. Beamed
75. Susan of "The Par-

tridge Family"

DOWN

1. Shroud of _
2. Winning by a point; 2 wds.
3. Twenty; French
4. Akin
5. Nursemaid
6. Prefix to 'morph-

osis'
7. Dress diligently
8. EDM instrument
9. Spain palace attraction, _ of Seville
10. Ginger Spice
11. Skills
12. Cheering prop half
13. Chem. ending

21. "Legally Blonde" (2001) star _her initials-sharers
22. The Pacific _
26. 'Mechanical Resonance' band
27. Counted sheep
29. WKRP employee
30. Over-fed = _ lot
32. Light beam
33. Recipe measurements, e.g.
34. Outlandish
35. Canadian actor Bruce in Madonna movie "Swept Away" (2002)
37. Texas tea
38. Vintage models of Jags
41. NHL official
43. Tip to 'date' (Get rusty)
46. One adhering on-a-roll sheets to walls
48. Shake
51. Roll
53. "Don't think so."
56. King with a golden touch
57. People in "Witness" (1985)
59. "That mistake is all mine!"; 2 wds.
60. 1950s crooner Pat
61. Cheerful
63. Fine-tune
64. Texas city
65. Aware of the surprise; 2 wds.
66. Bug of winter
67. Showed the way

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A friend will surprise you today. Alternatively, you might meet someone new who is a real character. Even your relations with clubs, groups and organizations will be unpredictable.

Taurus April 21 - May 21
Something might suddenly throw you into the spotlight today, because people notice you. Perhaps a discussion with a boss ultimately will give you more freedom.

Gemini May 22 - June 21
Unexpected opportunities to travel or learn something new today will fall into your lap. Stay light on your feet so that you can react fast, because your window of opportunity will be brief.

Cancer June 22 - July 23
Double-check everything to do with shared property, inheritances and bank accounts today, because something unexpected will occur. Hopefully, it will be good news. Do not be caught off guard.

Leo July 24 - Aug. 23
A discussion with a partner or close friend will be enlightening today, and you might even put a new spin on your relationship. It's possible that someone will throw you a curveball.

Virgo Aug. 24 - Sept. 23
Something different will occur during your daily work routine today. New high-tech equipment might arrive, or someone unusual might suddenly join your ranks. Be ready.

Libra Sept. 24 - Oct. 23
A surprise invitation to a social event might delight you today. Sports events will be exciting. This also is a classic day for love at first sight.

Scorpio Oct. 24 - Nov. 22
A parent might say or do something today that you least expect. Something will happen within your family or at home that is exciting. You might bring home something new and high-tech.

Sagittarius Nov. 23 - Dec. 21
Today you're full of bright and clever ideas, because you easily can think outside the box. One thing is certain: Your daily routine will change. Be prepared.

Capricorn Dec. 22 - Jan. 20
You're full of clever money-making ideas today. However, something unexpected also might affect your earnings or finances. Keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Today you feel restless and rebellious. Your freedom will be very important. This is why you have to do your own thing today.

Pisces Feb. 20 - March 20
Something hidden might catch you off guard today, but it might make you feel liberated. This also is a classic day for secrets to be revealed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

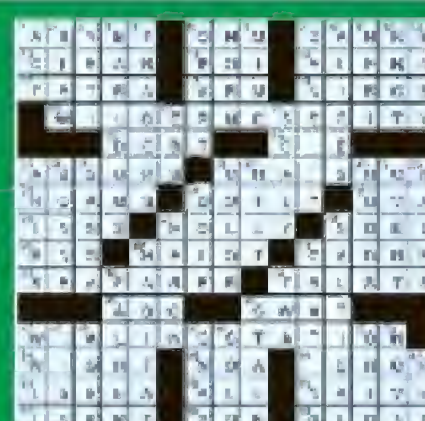


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1150386


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14KY - .50 ctw.
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